Times-Virginian

SOCIAL

Mrs. Mack Hansel Shutt

Doss, Shutt are wed

The marriage of Susan Artway Doss to Mark Hansel Shutt took place Saturday afternoon at four o'clock in Memorial United Methodist Church in Appomattox, with the Rev. Wayne Lanham, chaplain of Lynchburg General-Marshall Lodge Hospital, officiating.

The bride is the daughter of Mr. and Mrs. Paul O. Doss of Appomattox. The bridegroom is the son of Mr. and Mrs. Baxter Glenn Shutt, Jr. of Brookneal.

The bride was given in marriage by her parents.

Mrs. Tommy Bryant of Appomattox was the matron of honor and attendants were Mrs. David Lipscomb and Miss Susan Marie Rosser, both of Lynchburg, Mrs. Ricky Burge of Appomattox, Mrs. Michael Monroe of Richmond, sister of the bridegroom, and Miss Lisa Marie Moorcones of Leesburg.

Mr. Shutt was best man for his son and ushers were Danny Shutt, brother of the bridegroom, and David Lipscomb, both of Lynchburg, Barry Elder and Chris Holt of Brookneal, and Lynn Doss, brother of the bride, of Richmond.

Miss Brandy Elizabeth Chenault, cousin of the bride, and Miss Allison Brooke Mason, niece of the bridegroom, were flower girls. Master Kevin Sawyer Minix, nephew of the bridegroom, served as ring bearer.

The bride is a graduate of Appomattox County High School and attended Ferrum College. She is employed in the physical therapy department of Lynchburg General-Marshall Lodge Hospital.

The bridegroom was graduated from William Campbell High School and is employed at Babcock and Wilcox Commercial Fuel Division.

Following a wedding trip to California, the couple will live in Lynchburg.

Mrs. James P. Paulette, Jr.

Ayers, Paulette wed

The marriage of Miss Lelia Ayers to James P. Paulette, Jr., took place Saturday, April 14 at 4 p.m. in the Evergreen Baptist Church. The Rev. Edmond M. Terry officiated at the double ring ceremony.

Miss Ayers is the daughter of Mr. and Mrs. Richard Ayers of Hampton, Va. Mr. Paulette is the son of Mr. and Mrs. James P. Paulette Sr. of Appomattox.

After a short wedding trip the couple will reside in Gladstone.

Judge is selected

Mrs. Nadine Blakely, formerly Nadine Bugg of Lynchburg as been selected to judge the "Little Miss/Junior Miss Roanoke Valley" pageant to be held in Roanoke.

Competition for ages 2-9 will be held on Saturday, April 14, and age 10-18 competition will be held on Friday, April 17. Winners in each category will compete for the title of "Little Miss Virginia" in their respective categories later this summer.

Nadine is married to John Edward Blakely of Lynchburg and the daughter of Mr. and Mrs. Paul H. Bugg of Appomattox.

Beales will celebrate

Mr. and Mrs. Clayton Beale will be honored on their 50th wedding anniversary with a reception at Elon Baptist Church Fellowship Hall on April 22 from 3 p.m. until 5 p.m.

Hosts and Hostesses for the occasion will be their children, grandchildren and friends.

No invitations are being sent but friends and relatives are invited to attend.

Mr. and Mrs. Beale request no gifts, please, just your presence.

Dinner honors Miss Gibson

Mrs. Guy M. Frazier of Brookneal and her daughter, Mrs. Gene Richardson of Pamplin were hostess for a Bridal Dinner Feb. 16 entertaining at the Crown Sterling in Lynchburg honoring Mrs. Frazier's niece, Miss Donna Gibson. Guests included Mrs. Gibson, mother of the bride, Mrs. Crews, mother of the groom, Mrs. W.L. Walker, aunt of the bride, and attendants in the wedding.

Miss Gibson was also honored Feb. 9 with a bridal shower at the home of Janet Mays in Lynchburg. Guests attending included friends and relatives.

On Feb. 23 Miss Gibson and her mother, Mrs. W.H. Gibson honored the bridal attendants in the wedding with a luncheon at the Landmark in Lynchburg. Also invited to the luncheon were Mrs. W.H. Crews, mother of the bridegroom. Miss Gibson presented her attendants with a gift.

Mr. and Mrs. W.H. Crews of Lynchburg were hosts Thursday evening, Feb. 23 with an after-rehearsal party in the social hall of Timberlake Christian Church honoring their son, Edward Holt Crews and his fiancee, Miss Donna Gibson. Guests included Mr. and Mrs. W.B. Gibson, parents of the bride, members of the wedding party and close friends of the couple.

Gibson, Crews exchange vows

The marriage of Donna Kay Gibson to Edward Holt Crews took place Friday, Feb. 24 at 7:30 p.m. in Timberlake Christian Church in Lynchburg. The Rev. John W. Johnson, pastor of the church performed the double ring ceremony.

The bride is the daughter of Mr. and Mrs. W.B. Gibson and the bridegroom is the son of Mr. and Mrs. Warnie Crews, all of Lynchburg.

The bride was escorted and given in marriage by her father.

Mrs. Janet G. Mays, sister of the bride, of Lynchburg was matron of honor. Attendants were Mrs. Gene Richardson, cousin of the bride, of Pamplin, and Miss Carol Harris of Lynchburg.

Mr. Crews was his son's best man and ushers were Kenny Crews, brother of the groom of Danville and Billy Mathis, nephew of the bride of Lynchburg.

The bride is a graduate of Brookville High School and Central Virginia Community College, and has studied at the University of Paris. She is employed with Multi-Foods Corporation in Eden, N.C.

The bridegroom is a graduate of Brookville High School and is employed as manager of Long John Silver's in Danville.

The couple will live in Danville.

Miscellaneous shower honors Miss Moore

Miss Marlene Moore was honored with a miscellaneous floating shower from 2 to 4 o'clock the afternoon of April 1, 1984 at Red Oak Baptist Church fellowship hall.

The table was decorated with an arrangement of pale pink flowers and candles. Delicious refreshments were provided by the hostesses, Mrs. D.P. Harvey, Mrs. Bradley Mann, Mrs. Allan Booth, Mrs. E.J. Hillsman, Mrs. Ronnie Cyrus, and Mrs. Warren Hillsman.

Among those attending were Mrs. Claude Allen Moore and Mrs. James E. Totty, mothers of the prospective bride and groom; Mrs. E.J. Hillsman and Mrs. W.R. Moore, grandmothers of the bride-elect; and other relatives.

The wedding of Miss Moore to Mr. Michael Totty will be an event of April 21, 1984 at Mount Comfort United Methodist Church in Appomattox.

A bridal luncheon honoring the impending marriage of Marlene Moore and Michael Totty, was held on Saturday, April 14, 1984 at the home of Mr. and Mrs. Wayne Bowman.

Hostesses, Mrs. Bowman and Mrs. Richard Godsey, served a delicious buffet meal. The luncheon table was decorated with spring flowers from the garden of Mrs. Gary Lewis.

Among those attending were Mrs. Rachel Totty, Mrs. Norma Moore, Mrs. Claudie Moore, Mrs. Charlene Lawson, Mrs. Beverly Cyrus, Mrs. Cecil Harvey, Mrs. Elaine Moore, Mrs. Gail Mann, Miss Jocelyn Camden, Miss Laura Shorter, Mrs. Wanda Booth and Kelly, Mrs. Brenda Lewis and Jamie, Mrs. Pattie Moore and Karen, and Miss Stephanie Totty.

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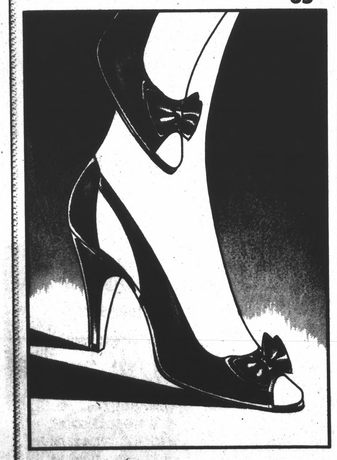

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Controlling appetite can cut your calories

By SHIRLEY W. WALTON
Extension Agent

These are suggestions compiled from DEB (Diet, Exercise and Behavior) Class discussions on how you can control appetites and cut calories:

1. Write down on paper what you eat with the amount of calories.
2. Watch the snacks between meals–choose only low calorie ones.
3. Chew your food slower and longer.
4. Talk more during the meal.
5. Try sugar-free drinks.
6. Use skim or low fat milk in place of whole milk.
7. Drink a glass of water before eating or when hungry instead of eating.
8. Call a friend or stay busy.
9. Take a walk with someone when you are hungry.
10. Place on the refrigerator door a picture of a pretty model or a fat lady.
11. Ask yourself, "Does my family want me overweight?" when the hand goes in the refrigerator.
12. Drink unsweetened iced tea instead of soft drinks.
13. Put off snacks 20 minutes everyday until snacktime is demolished, unless it is a low calorie, nutritious one.
14. Take stairs instead of an elevator or escalator when shopping.
15. Put a picture of yourself when you were smaller on the refrigerator to remind you not to eat.
16. Brush your teeth immediately after meals.
17. Stay busy in a constructive manner.

Good News For Homemakers — HOME ECONOMICS

18. Try to eat in only one area of the house.
19. Do your nails instead of eating.
20. Cut up carrots, cauliflower and celery in the morning for munching during the day. They are delicious to munch on while cooking and are very nutritious, etc.
21. Write a letter instead of eating.
22. Plan your meals with a menu and have calories already counted.
23. Exercise every morning for a set length of time which is suitable for you.
24. Use a measuring cup to measure amounts of food.
25. Cut out high calorie foods.
26. Cut down on portions and use a smaller size plate.
27. Buy presliced foods such as cheese so the amount you eat is accurate.
28. Put some peanut butter on a celery stick when making peanut butter crackers for your children. (No cholesterol and good protein.)
29. Park the car at one place at the shopping center and walk from store to store–instead of driving.
30. Drink coffee without sugar or cream.
31. Walk after the evening meal.
32. Jump rope if you can do so without any harm to your physical structure.
33. Use mustard or low calorie dressings instead of mayonnaise whenever possible.
34. Eat an apple or other fresh fruit as a snack.
35. Try thin sliced bread.
36. Make homemade soup using low-calorie vegetables.
37. Should you not feel satisfied after a regular meal, drink a glass of water.
38. Concentrate on doing something enjoyable when you feel hungry.
39. Drink a cup of hot bouillon-just 5 or 6 calories.

These suggestions will be continued next week. Many thanks to the DEB Class participants for their permission to share these good ideas.

SPRING CLEAN-UP TIME–If you have newspaper you wish to get rid of, please bring them to Farmer's Bank Parking Lot, Triangle Plaza on May 5, 1984, 9:00-3:00 p.m.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, Va. 24522.

Have a good week!

RECIPE OF THE WEEK

Beef and Pepper Rice Skillet

1 ½ lbs. round steak cut in thin strips
1 tablespoon cooking oil
1 cup sliced onion
1 cup rice, uncooked
1 can (10½ oz.) beef broth
Water
2 tablespoons soy sauce, or to taste
2 green peppers, coarsely chopped
1 jar (2 oz.) sliced pimentos, drained

Brown beef in oil in 10-inch skillet. Add onion, rice, beef broth, one soup can water and soy sauce to beef. Stir. Bring to a boil. Reduce heat, cover and cook over low heat until liquid is absorbed–about 25 minutes. Stir in green pepper and pimento and serve immediately.

Many thanks to Patti Talbott for sharing this delicious recipe with us.

Shower honors couple

Mr. and Mrs. Robert A. Dunnam III (Bob and Tina) were honored Saturday, April 14 with a miscellaneous shower at the Spout Spring Baptist Church. Hostesses for the occasion were Nida Hudson, Doris Dalton, Wanda Tweedy, Afin Weakley and Nina Beasley.

A color scheme of lavender and white was carried out in the flowers and candles on the refreshment table.

Among guests attending were Mrs. Betty Moore, mother of the bride; Mrs. Mildred Dunnam, mother of the groom; Mrs. Rachel Robinson, grandmother of the bride; Mrs. Marie Dunnam, grandmother of the groom, friends and relatives of the couple.

The wedding of Miss Moore to Mr. Dunnam was an event of March 16.

Williams completes training

Marine Pvt. John T. Williams, son of John Williams of Appomattox, Va., and Lois Williams of Route 691, Spout Spring, Va., has completed recruit training at the Marine Corps Recruit Depot, Parris Island, S.C.

During the 11-week training cycle, he learned the basics of battlefield survival. He was introduced to the typical daily routine that he will experience during his enlistment and studied the personal and professional standards traditionally exhibited by Marines.

He participated in an active physical conditioning program and gained proficiency in a variety of military skills, including first aid, rifle marksmanship and close order drill. Teamwork and self-discipline were emphasized throughout the training cycle.

Shower honors Miss Doss

Miss Susan A. Doss, bride-elect was honored with a linen-lingerie shower on March 25, 1984, at the home of Mrs. Tommy Bryant. Hostesses for the occasion were Mrs. Crawford Davidson and Mrs. Tommy Bryant.

Those attending included Mrs. Paul O. Doss, mother of the bride; Mrs. Glenn Shutt, mother of the groom; Mrs. Glenda S. Mason and Mrs. Lauren Monroe, sisters of the groom; and friends of the couple.

The Doss-Shutt wedding took place at Memorial United Methodist Church on April 14, 1984, at 4 o'clock.

Shower honors Miss Lawson

Miss Sue Lawson, bride-elect was honored with a linen-lingerie shower on April 3, 1984, at the home of Mrs. Tommy Bryant. Hostesses for the occasion were Mrs. Crawford Davidson and Mrs. Tommy Bryant.

Those attending included Mrs. Fred Lawson, mother of the bride; Mrs. Buddy Eggleston, mother of the groom; Mrs. Grover Smith and Mrs. Rachel Lawson, grand-mothers of the bride; and friends and relatives of the couple.

The Lawson-Eggleston wedding will take place on April 28, 1984, at Memorial United Methodist Church at 7 o'clock.

Dyess, Griffith will wed

The wedding of Miss Mary Frances Dyess to Mr. H. Morgan Griffith will take place on Saturday, April 21 at two o'clock in the afternoon at Hebron Baptist Church.

Friends and relatives are cordially invited to attend.

Smiths announce birth

Debbie and Larry Smith of Pamplin are proud to announce the birth of their son, Robert Allen, born April 5, 1984 at Virginia Baptist Hospital.

Robert has two sisters, Elizabeth, 5, and Liza, 3.

His grandparents are Mr. and Mrs. Eugene Mason of Pamplin, and Mr. and Mrs. Paul Smith, also of Pamplin.

VBH sponsors seminar

The Virginia Perinatal Association, Inc. is sponsoring a seminar on Tuesday, April 24, 1984 at 7:30 p.m. at Virginia Baptist Hospital in the School of Nursing Classroom #3.

The speaker for the meeting will be Kenneth White, a Lynchburg area lawyer, his topic will be "Baby Doe". The meeting is open to the public and all parents and perinatal professionals are encouraged to attend.

The Virginia Perinatal Association (VPA) is a voluntary, non-profit corporation formed to improve maternal and child health in the state. Goals of the VPA include promoting optimal perinatal health care, guidance in perinatal health legislation and education of health care professionals and consumers in the perinatal field.

Death Notices

Charles Wiley Fleshman

Charles Wiley Fleshman of Appomattox departed this life Saturday, April 7, at 10:30 a.m. at his residence.

Born Jan. 15, 1945, in Appomattox, he was a son of Mrs. Clara Fleshman McFay. He was a member of Promise Land Baptist Church.

In addition to his mother, he leaves to mourn one sister, Mrs. Beatrice Jones of Newport News; one brother, Linsey Fleshman of Florida; two uncles, Weldon Fleshman of Appomattox, and James Fleshman of Lynchburg; one great-uncle, John Legrand of Appomattox; four nieces, two nephews, three great-nieces, one great-nephew, and a host of other relatives and friends.

A funeral service was held Wednesday at 4 p.m. at Promise Land Baptist Church, Appomattox. Interment was in the church cemetery.

West Funeral Home, Appomattox, was in charge of arrangements.

Charles Hansen

Charles Hansen of Cleveland, Ohio, died Dec. 26, 1983, at Medical College in Toledo, Ohio.

He retired from the U.S. Navy in 1962 after 20 years of service.

He is survived by three brothers, including Edison Hansen of Gladstone.

A memorial service was held April 11, 1984, at 3 p.m. at Centenary United Methodist Church. His ashes were thrown over Great Lakes Naval Training Base in Illinois.

Louise Collins Goff

Louise Collins Goff, 61, of 122 Harrison St., Lynchburg, died April 8 at 7 p.m. in Virginia Baptist Hospital. She was the wife of the late William Goff.

Born in Campbell County, she was a daughter of the late William H. Davidson and Virginia Wright Davidson. She was a member of Fairview Christian Church.

She is survived by one son, Ronald Collins Sr. of Red House; six grandchildren and two great-grandchildren.

A graveside funeral service was held at 2 p.m. at the Ramsey family cemetery at Red House.

Robinson Funeral Home, Appomattox, was in charge of arrangements.

William Calvin Miles

William Calvin Miles, 77, formerly of Concord, died Sunday, April 15, 1984, in Toledo, Ohio. He was the husband of Pauline Mickles Miles.

Born in Concord, he was a son of the late James Frank Miles and Addie Torrence Miles.

In addition to his wife, he is survived by two brothers, Lewis W. Miles, Evington, and Frank Miles Jr. of Rustburg; and four sisters, Mrs. Nellie M. Milam, Roanoke, Mrs. Hazel M. Lester, Salem, Mrs. Frances M. Cheatham, Spout Spring, and Mrs. Marvin M. Mayberry, Rustburg.

Funeral services were conducted Wednesday in Toledo, Ohio with burial in the Old Ottawa Hills Cemetery.

Calendar of Events

Voters will meet

MONDAY, APRIL 23

The Appomattox Voters League will meet Monday, April 23 at 7:30 p.m. in the Spout Spring Community Center.

Garden club meets

MONDAY, APRIL 23

The Appomattox Garden Club will meet at 7:30 p.m. in St. Anne's Parish Hall on Monday, April 23. Mrs. Kenneth Powell will speak on "Cooking With Herbs." Artistic exhibits will include "Basket Bouquet" (an arrangement using fresh herbs and flowers) and "Court House Greens" (Designer's choice).

Miss Simmons engaged to wed

Mr. and Mrs. Gerald E. Hodge of Vera announce the engagement of Beck Y. Simmons, the daughter of Patricia Simmons Hodge, to Mr. Aubrey Ryon Padgett III of Accokeek, Md.

Miss Simmons is a graduate of Appomattox County High School and attended Central Virginia Community College.

The wedding will take place at Our Savior Lutheran Church in Bryans Road, Maryland at 2 p.m. April 28. A reception will follow at Accokeek Volunteer Firehouse. All friends and relatives are invited to attend.

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